

South Summit Community Clinic Opening Soon

South Summit Community Clinic, 280 East Center Street, Kamas (Mirror Lake Road) will open Oct. 8, 1984. An open house will be held for community members on Saturday, Oct. 6.

"The clinic is an extension of Wasatch County Hospital," explains Wayne T. Terry, administrator. "Our primary purpose for establishing the clinic is to provide quality, primary health care services close to home for the people of South Summit County and the surrounding community."

Services will include physicals; minor surgery; casting of uncomplicated fractures; care for minor trauma cases, infections, illnesses and lacerations; major trauma stabilization; and patient education.

Glen Jones, a physician assistant with an extensive

background in medical practice will see patients at the clinic, 8 a.m.-5 p.m., Monday through Friday and 8 a.m.-noon on Saturday. Jones will also manage the clinic.

Five family practice physicians and a pediatrician will alternate days practicing at the clinic.

These physicians are: Neal J. Burton, MD; Katherine S. Ferguson, MD (pediatrician); William Ferguson, MD; Janet Kelly, MD; Stanton McDonald, MD; and George D. Pitts, MD.

"We also want to work closely with the community in providing educational programs to schools and civic groups," explains Jones. "A three-member committee from the local community will make recommendations to ensure we are continually serving the community's best interests," he adds.

The clinic will serve a

population of approximately 2,500 including those people in Woodland, Francis, Oakley, Peoa and Kamas. "But we also hope that tourists and those people from Park City and Coalville areas will use the clinic," explains Jones.

Technical and clinical backup support will be available from Wasatch County Hospital and IHC Hospitals, Inc. IHC Hospitals, Inc., a subsidiary of Intermountain Health Care, Inc., owns, leases or manages 23 hospitals in Utah, Idaho and Wyoming; and leases Wasatch County Hospital.

William Ledley, MD, who previously operated his family practice in Kamas will be leaving to teach family practice medicine at the University of Texas and open another private practice office.

Help Your Heart Check Your Blood Pressure

High blood pressure can cause stroke, heart attack, kidney damage and more. It can shorten your life. But high blood pressure can be treated and controlled with your help.

Everyone has blood pressure. Without it, the blood couldn't circulate in our bodies. Blood pressure in your arteries changes from day to day, even from moment to moment. It goes up when you get excited, and down when you rest or sleep. These changes in pressure are perfectly normal.

What is high blood pressure? In some people, certain arteries may clamp down. This makes it harder for blood to pass through, and pressure builds up as a result. If it goes too high and stays that way, it is called high blood pressure.

We still don't know what causes most high blood pressure, but research scientists are working hard on the problem. While they don't have the final answer, yet,

they do have some important leads.

If your parents have had high blood pressure, there is a good chance you have it or will develop it. And if you have it, your children may develop it. Children should have regular blood pressure checkups just like adults.

Help your heart! Have your blood pressure checked at least once a year. It's the only way to find out if you have high blood pressure. There usually are no early signs to warn you. That's why high blood pressure is called the silent killer.

Call your doctor, clinic or nearest health center to make an appointment to have your blood pressure checked. A rubber cuff, something like a bandage is wrapped around your upper arm. The cuff is filled with air until it squeezes the artery in your arm. Then the air is slowly let out of

the cuff. At the same time, a doctor listens with a stethoscope

as the blood rushes through your artery. He also watches a measuring gauge which tells him your blood pressure.

If you have high blood pressure, it can be treated and controlled. But it takes two to do it; you and your doctor. By cooperating with your doctor you can live a long and normal life.

Your doctor may prescribe pills. Keep taking your medicine as long as he says you should. Your doctor may also put on a low-fat, low-salt diet. If you are overweight, it's important to lose the extra pounds and keep them off.

The extra weight puts a strain on your heart. Smoking cigarettes does too, so don't smoke. Your local chapter of the American Heart Association has information on how to stop smoking and on high blood pressure.



Festivities Honored 104th Birthday

29 Nov 1984

Festivities at the Wasatch County Hospital honored Opal Corey on her 104th birthday.

The Senior Citizen's band played some well remembered musical selections and accompanied Raymond North and Lois Fox as they sang some beautiful old songs. Opal even joined Lois singing one of her favorites "My Bonnie Lies Over the Ocean."

She received cards from Governor Mathison and Senator Jake Garn.

Opal has one daughter, Mari-lla Bodily, living in Midway, six grandchildren and 34 great grandchildren.

Many friends, family and the hospital staff attended and joined the fun by sharing cake and ice cream prepared by the hospital kitchen staff.

This party was planned and arranged by Melba Kinsey, Recreational Therapist. She joins Opal in extending thanks to all who attended and helped make this 104th birthday a very happy and successful occasion.



Opel Corey celebrated her 104th Birthday.

provide an entry form.

- ★ **Palace Drug**
- ★ **Day's Market**
- ★ **Finn's Reata**
- ★ **DJ's**
- ★ **Glade's**
- ★ **Wasatch Office**
- ★ **Wasatch Video**

The times and dates were mixed up in the Wasatch Wave last week, we are sorry that this occurred. Remember, the drawing will be every Saturday at 3:00 p.m. You must also be present to win.

Rules: 1 entry per visit to any of the seven merchants listed above.
NO PURCHASE NECESSARY. Winners must be present at the drawing